



January 2019 Spinning Schedule

Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED FOR THE HOLIDAY	2 6:30am Bashor 9:15am Erica 12:15pm Michelle 6:30 pm Marianne ☆	3 9:15 am Becky 5:30 pm Becky	4 9:15 am Lisa	5 9:15 am Molly
7 6:30am Bashor 9:15am Sarah 12:15pm Erica	8 9:15 am Becky 6:30 pm Kelly	9 6:30am Bashor 9:15am Erica 12:15pm Michelle 6:30 pm Marianne ☆	10 9:15 am Becky 5:30 pm Becky	11 9:15 am Lisa 3:15pm Swim Team	12 9:15 am Sarah
14 6:30am Bashor 9:15am Sarah 12:15pm Erica	15 9:15 am Becky 6:30 pm Kelly	16 6:30am Bashor 9:15am Molly 12:15pm Michelle 6:30 pm Marianne ☆	17 9:15 am Becky 5:30 pm Becky 	18 9:15 am Lisa 3:15pm Swim Team	19 9:15 am Kelly
21 6:30am Bashor 9:15am Sarah 12:15pm Erica	22 9:15 am Becky 6:30 pm Sarah	23 6:30am Bashor 9:15am Erica 12:15pm Michelle 6:30 pm Marianne ☆	24 9:15 am Becky 5:30 pm Becky	25 9:15 am Lisa 3:15pm Swim Team	26 9:15 am Becky
28 6:30am Bashor 9:15am Sarah 12:15pm Erica	29 9:15 am Becky 6:30 pm Kelly	30 6:30am Bashor 9:15am Erica 12:15pm Michelle 6:30 pm Marianne ☆	31 9:15 am Becky 5:30 pm Becky		



Our spin and strength class will begin at 9:15 am on Wednesdays, 45minutes is devoted to spin and 15 minutes to core.



Funk up your fitness routine, put on your brightest workout gear and join in our Disco Spin class! Packed full of pumping tunes and fun, one not to be missed.



New evening class on Wednesdays at 6:30pm